

STIMULATION AND MASSAGE APPARATUSAbstract of the Disclosure

A muscle stimulation and massage apparatus is provided that includes (a) a foot plate which is provided with rollers or skids, (b) a column arranged perpendicularly on the foot plate, and (c) a vibration unit that is arranged on a lift, wherein the lift may travel on guide rails of the column and is fastened in a lockable manner at different heights, with the vibration unit being located on a side outside the region of the column. In one embodiment, the lift may continuously travel up and down over a predetermined height range for a period of time in a programmed manner.